

LYNN COUNCIL ON AGING SENIOR CENTER



**JUNE
2012**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Happy Flag Day!

Happy Father's Day!

Happy Summer!

We were teased with 80 degree weather in early April, then some rain, a lot of Red Sox losses and now it's June and we're saying I hope this summer's not a hot one!

Then let us, one and all, be contented with our lot;

The June is here this morning, and the sun is shining hot;

Oh! let us fill our hearts up with the glory of the day,

And banish ev'ry doubt and care and sorrow far away.

Here's a good one for you... this comes all the way from California from Marie sent to her sister Shirley here in Lynn and passed on to me and condensed a little:

There's nobody like Feldman! A gent walks out into the street and immediately hails a cab. The cabbie says, "Perfect timing!" You're just like Frank! Passenger asks, "Who?" Frank Feldman. He's a guy that did everything right all the time. Oh, Frank Feldman, he could have won the grand slam at tennis, golf with pros, sing like an opera baritone, dance like a Broadway star, and you should have heard him play the piano! Passenger, "sounds like he was something special" Cabbie says, "Oh, there's more. He had a memory like a computer, He remembered everyone's birthday. He could fix anything. Not like me. He knew all about wines and which foods to order them with. He knew the quickest way to go in traffic and how to avoid traffic jams. Not like me. Frank never made a mistake and knew how to treat a woman. He would never answer back even if she was wrong. He was the perfect man! No one could ever measure up to Frank Feldman! Passenger, "Amazing fellow, how did you meet him?" Cabbie: "Well, I never actually met Frank. He died and I married his wife."

~Stacey

From Your Mayor

With Memorial Day having come and gone, and as we approach the end of another school year, our thoughts turn to summer. We are all thankful for the mild winter this year and look forward to a warm summer.

One event that is a highlight of the year is the fireworks display at Lynn Beach on July 3. Lynn is again co-sponsoring the display with Swampscott, and we are having a series of fundraisers to subsidize our share of the cost. Please be on the lookout for upcoming events at local restaurants to support the Lynn Fireworks Fund.

Starting in early July, the popular Farmer's Market will return to Central Square and will be held every Thursday until October.

The Mayor's Summer Reading Incentive Program for Lynn students in grades pre-K-8 will take place again this year. If you have family members in that age group, please spread the word. The Mayor's Summer Reading Incentive Program is a continuation of the Lynn Public Library's reading initiative which requires participants to read a specific number of books. All pre-K through grade 8 readers who read an additional five books, or read for 10 hours, will be invited to an ice-cream party in City Hall in late August.

Students can register at the main library on North Common Street. For more information, and the required reading list, contact the Mayor's office at 781-598-4000 or the Lynn Public Library at 781-595-0567.

The Lynn Auditorium continues to attract outstanding acts, bringing thousands of people to our downtown. We are very pleased that Kenny Rogers will be making a return engagement on Dec. 22. Tickets will be going on sale soon. Supertramp will be performing November 4th and Ian Anderson of Jethro Tull will also perform on October 3rd. More information on the auditorium schedule can be found at

www.lynnauditorium.com

Best wishes for a safe and enjoyable summer.

Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello, Director
Rosa Paulino-Diaz, Assistant
Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Wednesday
monthly at
1:30 p.m.

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Financial Secretary

Meets last
Thursday
monthly at 10 am

Congratulations

Romy Bennett!

**Winner of Lynn Senior Center
Slogan Contest**

*"Brighten your days in wonderful
ways at the Lynn Senior Center"*

This slogan is published in our new
brochure that we plan on distribut-
ing to professionals in the commu-
nity.

BROWN BAG: CHANGES!

Watch for new date and time to be
announced soon.

New day and times will be posted
online at <http://ci.lynn.ma.us/>

GLSS Nutrition department will
also be mailing notices to all brown
bag recipients.

Please call 781-599-0110 for further
info.

June Happenings

Fri, June 1	Strength & Balance Exercise Class	11:30 am -12:15 pm
Tues, June 5	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
Tues, June 5	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
	50/50 raffle to support FRIENDS of LCOA	
Weds, June 6	*Field Trip: Castle Island \$2	9:30 am – 2:00 pm
Weds, June 6	FOOD STAMPS	9:00 a.m. – 3:00 p.m.
Weds, June 6	Strength & Balance Exercise Class	11:30 am -12:15 pm
Thurs, June 7	TRIAD- Senior Safety	10:00 a.m.
	@ 10 Church Street Community Room	
Thurs, June 7	Take Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, June 7	*Lunch Trip: \$2	11:00 a.m. – 1:00 p.m.
	Avellino's Restaurant Medford	
Fri, June 8	Strength & Balance Exercise Class	11:30 am -12:15 pm
Fri, June 8	Free Demonstration: Nook reader	12:00 pm – 1:00 p.m.
	Sponsored by Barnes & Noble	
Mon, June 11	Lion's Eye Mobile- Senior Center Parking Lot	12:00 p.m. – 3:00 p.m.
	Free eye exam- sign up for an appointment	
Tues, June 12	Blood Sugar AND Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Nurse available for questions.	Large Activity Room
Tues, June 12	Photo Club Meeting	10:00 am
Tues, June 12	Free Seminar!	9:30 am – 10:15 a.m.
	Aging Well ~ Francon Family Chiropractic	
Weds, June 13	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, June 14	 FLAG DAY! Denise Doucette-live performance!	12 noon
Thurs, June 14	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, June 15	Strength & Balance Exercise Class	11:30 am -12:15 pm
Fri, June 15	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Mon, June 18	*Field Trip: New Balance Sneaker Factory \$2	10:30 a.m. – 2:00 p.m.
	& lunch	
Mon, June 18	Women's Group Meeting	11 am
Tues, June 19	FOXWOODS CASINO \$25	7:00 a.m. -6:30 p.m.
	\$10 Food or Buffet \$10 Keno Bet	
Weds, June 20	*Field Trip: Butterfly Farm/Kimball Farms	10:30 a.m. – 2:30 p.m.
	\$8- Transportation & Entrance Ticket- lunch on own	
Thurs, June 21	*Field Trip: Savers/Big Lots, Danvers \$2	10:30 a.m. – 1:30 p.m.
	& lunch at Denny's	
Weds, June 20	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, June 21	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, June 22	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
WED, June 27	Woodman's Restaurant, Essex \$2	10:30 a.m. – 1:30 p.m.
Weds, June 27	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, June 28	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, June 28	FRIENDS OF LCOA meeting	10:00 a.m. – 11:00 a.m.
Fri, June 29	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Fri, June 29	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
		
Tues, July 3	Independence Day BBQ \$3	11 a.m. – 2 p.m.
Weds, July 4	Happy 4th of July!	Center is closed

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JUNE 2012

MONDAY	Tuesday	Wednesday	Thursday	Friday
				¹ Spaghetti & MB/ Sauce Italian Blend Veggies Oat Roll Chilled Mixed Fruit ALTERNATIVE Honey Mustard Chix Tenders Whipped Potato/Veggies
⁴ Hot Dog/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Beef Strip Steak/Gravy Beans/Cole Slaw	⁵ Garden Veggie Soup Shaved Roast Beef/WW Bulkie Pasta Salad Pudding w/ Topping ALTERNATIVE Egg Salad/WW Bulkie Pasta Salad	⁶ Boneless Chicken/ Orange Sauce Garlic Whipped Potato Fiesta Blend Veggies Chilled Peaches ALTERNATIVE Rib-B-Q/BBQ Sauce Potato/Veggie	⁷ Chili/Shredded Cheese Steamed Rice Tossed Salad Corn Bread/Fresh Fruit ALTERNATIVE Chicken Teriyaki Steamed Rice	⁸ Mac & Cheese Spinach Chilled Applesauce ALTERNATIVE Rice & Bean Burrito w/ Cheese Veggie/Applesauce
¹¹ Chicken Leg Quarter w/Garlic Paprika Sauce Butternut Squash Roman Blend Veggies Chilled Pears ALTERNATIVE Stuffed Shell/Meat Sauce	¹² Swedish Meatballs/Gravy Whipped Potato Beets Chilled Mixed Fruit ALTERNATIVE Spanish Chicken Rice & Beans/Beets	¹³ Fish Florentine w/Dill Sauce Lyonnais Potato Spring/ Summer Blend Veggies Jell-o/Topping ALTERNATIVE Salisbury Steak/Gravy Potato/Veggies	¹⁴ Whole Grain Lasagna Roll Ups W/Meat Sauce Zucchini & Red Pepper Fresh Fruit ALTERNATIVE Chicken Marsala Whipped Potato/Zucchini	¹⁵ FATHER'S DAY SPECIAL Cranberry Juice Burgundy Glaze Pot Roast Duchess Potato Green Beans Almondine Parker House Roll Blueberry Cake
¹⁸ Chix Broccoli Pasta Caserole Carrots Prunes ALTERNATIVE Omelet/ Cheese Sauce O'Brien Potatoes Carrots	¹⁹ Apple Glaze Roast Pork Sour Cream Whipped Potato Corn & Red Pepper Garlic Roll/ Fresh Fruit ALTERNATIVE Grilled Chix Sandwich/Roll Potato/Veggie	²⁰ Stuffed Pepper/Sauce Diced Buttered Potato Tuscan Veggies Pudding w/Topping ALTERNATIVE Veggie Quiche Potato/Veggie	²¹ Chicken Noodle Soup Tuscan Tuna/WW Bread Tossed Salad Fruit Cup ALTERNATIVE Chicken Salad/WW Bread Tossed Salad	²² Roast Turkey w/Gravy Sweet Potato Peas & Mushrooms Muffin/ Chilled Pineapple ALTERNATIVE Spanish Sheppard's Pie Peas & Mushrooms
²⁵ American Chop Suey California Blend Veggies WW Roll Fresh Fruit ALTERNATIVE Liver & Onions/ Gravy Whipped Potato/Veggies	²⁶ Potato Leek Soup Chicken Caesar Salad WW Pita Chilled Pears ALTERNATIVE Seafood Salad/WW Pita 3 Bean Salad	²⁷ Veal Cacciatore Steamed Rice Italian Green Beans Mandarin Oranges ALTERNATIVE Cajun Chicken Rice/ Veggie	²⁸ Potato Crunch Fish w/Lemon Sauce Cheddar Whipped Potato Country Blend Veggie Jell-o ALTERNATIVE Salisbury Steak/Gravy	²⁹ Pepper Steak/Roll Hash Brown Potatoes Wax Beans Cake ALTERNATIVE Boneless Chicken Florentine Hash Browns/Veggie

SENIOR CENTER ACTIVITIES • JUNE 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
		1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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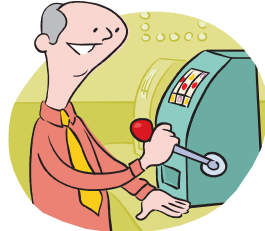
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Trips

Departs from Lynn
Senior Center

Foxwoods
 June 19th
 \$25
 7 am - 6:30 pm



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

Every Tuesday
 10:00 a.m. - 8:45 p.m.

Twin River \$20

Thursdays: June 7th & 21st
 10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144
 (Departs from back of Price Rite at Northgate in Revere)

Cooking for #1

The Lynn Council on Aging Senior Center proudly announces a free cooking program for seniors. Learn how to create affordable, healthy, tasty meals with hands on instructions with professional chef, Robin Lang. Each program is four classes. Class size is limited to six students and will take place in the large activity room at the senior center. The classes are progressive in such students are expected to attend all four classes to fully benefit from the program.

Register for the next session!

- #1 Friday, June 8 1pm - 2pm
Classroom session discussing menu planning, food prep, and budgeting
- #2 Friday, June 15 1pm - 3 pm
Field Trip to Stop & Shop, learn to understand labels, how to choose good food at reasonable prices with coupons and flyers. Meet at senior center; bus leaves promptly at 1pm.
- #3 Friday, June 22 2:30 pm - 4 pm
Hands on cooking demonstration at the Lynn Senior Center.
- #4 Friday, June 29 1pm - 2pm
Questions and Answers classroom review

Please RSVP to Kristi at 781-586-8618.

****Participants must be aware - This class will be taped for cable TV. Consent forms required.****



MOVIES...every Wednesday @ 1:00 p.m.**Free Popcorn and Soda
Wide Screen Plasma Home Theatre System**

June 6	Blue Hawaii	PG	1961
June 13	Notorious	NR	1946
June 20	We Bought a Zoo	PG	2011
June 27	The Maids	PG	1974

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.

**RAFFLE! RAFFLE!**

\$1.00 per chance or 6 for \$5.00

1st prize iPad2
2nd prize \$100
3rd prize \$50

Sponsored by
the **FRIENDS of LCOA**

Drawing to be held
July 3, 2012

Pelicula en Español

(with English subtitles)

"Sanky Panky"
June 12th
1:00 p.m.

"Un Rey en la Habana"
June 26th
1:00 p.m.

Creative Memoir Art Workshop

~a chance to tell stories about
your life~

Wednesdays for 8 weeks
Large Activity Room
1:00 pm – 2:30 pm



Must reserve a seat.
Serious inquiries only.

Teacher: Christie Connolly

All supplies are free.
Bring your photos to copy.

Questions? Call Kristi 781-586-8618

Independence Day BBQ!

**5th Annual
Independence Day BBQ!**



July 3rd



11:00 a.m. – 2:30 p.m.

Entrance ticket is mandatory.

Tickets will be distributed starting on
Monday, June 4th, 8:30 am

Must be senior center member with a
swipe card.

No phone calls- one ticket per person
\$3 donation while supplies last.

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Place Your Ad

WELLNESS WATCH — Sexuality in Later Life

Most people want and need to be close to others. We want to share our thoughts and feelings with others and to touch and be touched. Just being physically near is important, but many of us also want to continue an active, satisfying sex life as we grow older. We may experience physical changes in our responses that come with normal aging. Both men and women may be affected by changes that slow the ability to have and enjoy sex.

Illness, disability or the medicines that you take can affect your ability to have and enjoy sex. Emotions also play a part. Arthritis, persistent pain, diabetes, heart disease, bladder conditions, stroke, too much alcohol or surgery can all have an impact. But, even the most serious health problems don't have to stop you from having a satisfying sex life.

If you do to have a problem, talk to your doctor. Most doctors understand that sexuality remains important in later life. If you are not happy with your sex life, do not just assume it is due to your age. You can also ask your doctor about how a health problem, medication, or surgery may change your sexual function.

He or she can suggest a treatment depending on the type of problem and its cause. Also ask about how you can protect yourself from sexually transmitted diseases such as HIV/AIDS. One out of every 10 people diagnosed with AIDS in the United States is over age 50.

There is a lot you can do to continue an active sex life. Make healthy choices—exercise, eat good food, drink plenty of fluids, don't smoke and avoid alcohol. Try to reduce the stress in your life. See your doctor regularly and keep a positive outlook on life.

(Adapted from AGE PAGE Sexuality in Later Life. National Institute on Aging/NIA)

Resources:

- NIA Information Center has many free publications on a variety of topics. The complete Age Page, *Sexuality in Later Life*, is available. www.nia.nih.gov 1-800-222-2225
- National Association on HIV Over Fifty www.hivoverfifty.org 617-233-7107

Susan H. Brown RN ~ Community Education Nurse ~ 781-586-8568 ~ sbrown@glss.net

My Life, My Health

Is living with an ongoing health condition creating challenges for you? Our workshops for adults of any age can help.

My Life, My Health workshops help you to:

- Set and meet personal goals
- Talk with your doctor about your health
- Handle stress and learn to relax
- Manage pain and fatigue
- Have fun!

Date: July 11 - August 15, 2012

Time: 5:30-8:00pm

Location: All Care VNA
210 Market Street, Lynn

To register contact: Mary Carideo
781-586-8527 or mcarideo@glss.net

There may be a nominal fee to cover materials.

Please request communication accommodations at least two weeks in advance.

Baseball

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baseball

batter

umpire

mitt

catcher

pitcher

first

second

third

base

home run

grounder

shortstop

fastball

curveball

bunt

pop fly

plate

left

right

grass

mound

walk

foul

diamond

score

strikes

Major League

stands

crowd

infield

outfield

peanuts

Cracker Jacks

slide

roster

cheer

helmet

bullpen

season

teammates

coach

lose

winner

inning

pinch hitter



ANNOUNCEMENTS!

LGBT Social Hour
June 21st
3pm – 4pm

LIVE ENTERTAINMENT
Denise Doucette
 June 14th at 12 noon
 Partly sponsored by:
 LYNN CULTURAL COUNCIL

Telephone BINGO!

Tuesday, June 12th & June 26th
 Call Jerry for game sheet.
 1-877-438-6405
 Call in at 2:05 pm,
 when asked enter code 1234

We apologize...
 Previously we advertised that we were hosting another Sr. T pass day. Unfortunately, the MBTA has postponed this service.

Sorry.

Keep collecting!

- Pull tabs off aluminum cans help support the Shriners Hospital.
- Eyeglasses help support the Lynn Lions.
- Cell phones and chargers, help support our senior center.
- Any Art supplies: paper, scissors, wall paper, scrapbooking material, feathers etc.

COMPUTER CLASSES

Lynn Senior Center - Computer Room, 1st Floor
8 Silsbee Street, Lynn / 781-586-8503

All courses must be pre-paid at the time of registration.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

Computer Class Descriptions:**Introductions to Computers & Windows XP**
(Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Introduction to the Internet
(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

11:15 p.m. – 12:15 p.m.

Cost: \$50.00

Computer Class Schedule:

Mondays:

July 30th, Aug 6th, 13th, 20th, 27th

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and swipe membership card .

Computer Room Hours of Operation:

Monday - Friday

8am-4pm

Closed: Mondays and 3rd Fridays

1pm-4pm

THANK YOU...

For your generous donation...

Anonymous

IN LOVING MEMORY

In loving memory of
Arthur Warren, sadly missed...

Ethel Forse
Hazel Reinholm
Cindy LeBlanc
Janet Martino
Tina Vasil

**DEDUCTIBLE DONATION**

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support.

Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Person's Name: _____

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226 North St., Salem, MA 01970

C: 781-953-6753 FX: 978-740-9528

Hair Salon

HAIR BY CHASTITY

MONDAYS
STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$15
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

June 5th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR TESTING

June 12th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

BLOOD PRESSURE

June 12th
8:00 am—9:30 am *Note time change*
Nurse available for any health questions.

PODIATRIST

June 28th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

June 15th & June 29th
1:00 pm—3:00 pm
Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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